

Child Weight and Physical Activity

Publicly funded services to address Child Weight and Physical Activity are described in Immunization Program CHILD Profile, Nutrition Services, Early and Periodic Screening, Diagnosis and Treatment, and School-Based Health Centers. In addition, the STEPS to a Healthier Washington Program addresses child weight and physical activity.

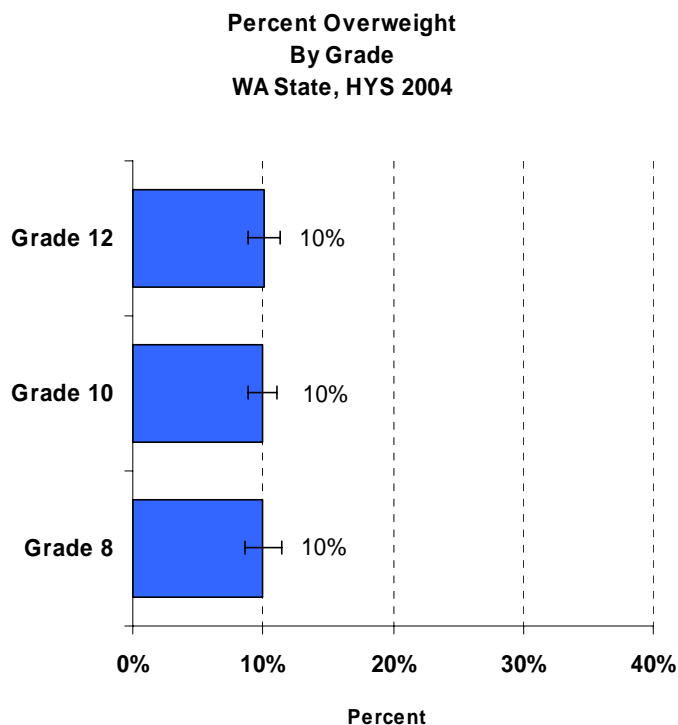
Key Findings:

- In 2004, about 10% of Washington 8th, 10th, and 12th graders were overweight based on self-reported height and weight. Nationally, the percentage of children and adolescents who are defined as overweight has more than doubled since the early 1970s. In 2003, about 13-15% of US children and adolescents were at risk for being overweight, and about 12% were overweight.^{2,3}
- Older students are less likely to engage in vigorous cardiovascular exercise. In Washington, approximately 77% of students in Grades 8, 70% in Grade 10, and about 61% of students in Grade 12 engaged in vigorous physical activity (at least 20 minutes 3 or more days a week). The Healthy People 2010 target is for 85% of adolescents to engage in vigorous physical activity.^{1,2}
- In Washington, older students are more likely to report that they did not attend a physical education class in an average week. About 30% of 8th graders did not attend a physical education class in an average week compared to about 62% of 12th graders.^{1,2}

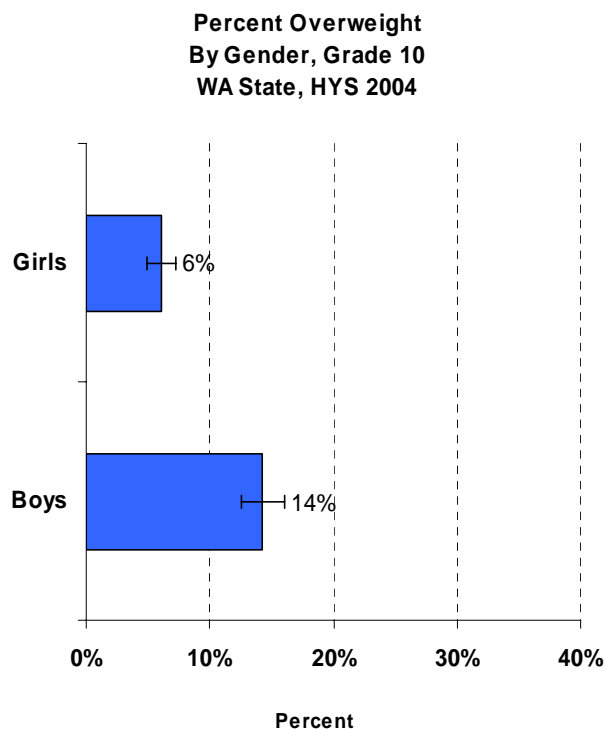
Definition: Children are considered overweight if they are in the top 5% for Body Mass Index (BMI) by age and gender based on growth charts developed by the Centers for Disease Control and Prevention (2004). Students are considered at risk for being overweight if they are in the top 15% but not in the top 5%.

- Generally, boys are more likely than girls to engage in daily vigorous physical activity. For instance, among 10th graders, about 74% of boys meet the recommendations for physical activity, as compared to about 66% of girls.²
- Approximately 20% of Washington State 8th, 10th, and 12th graders reported drinking 2 or more sodas the previous day. Students who regularly eat dinner with their family are more likely to eat fruits and vegetables 5 times or more a day, and are less likely to have had two or more sodas on the previous day (Data not shown).²
- Students who watch television three or more hours a day during school days were about twice as likely to be overweight as students who watch television two or less hours a day. The Healthy People 2010 objective is to increase the proportion of adolescents who view television two or fewer hours on a school day to 75%.^{1,2}

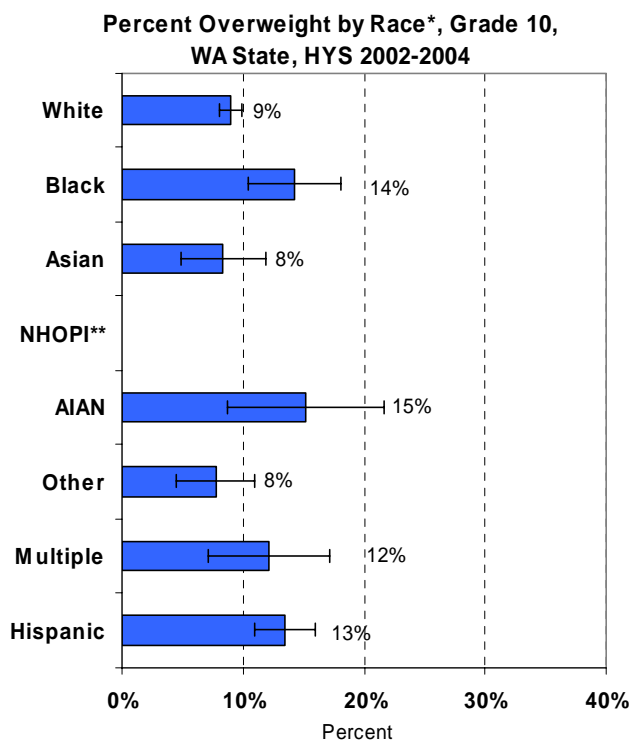
Grade²



Gender²



Race and Ethnicity^{2,a,b}

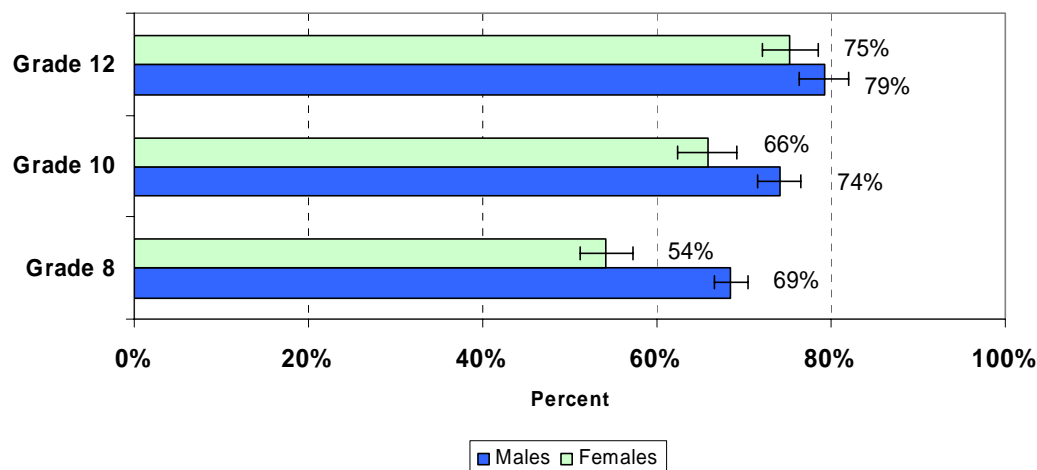


*In the Healthy Youth survey, Hispanic ethnicity is asked in the same question as race. Students are asked to choose one or more races, including Hispanic ethnicity, as appropriate.

**Rates have been suppressed where $n < 15$

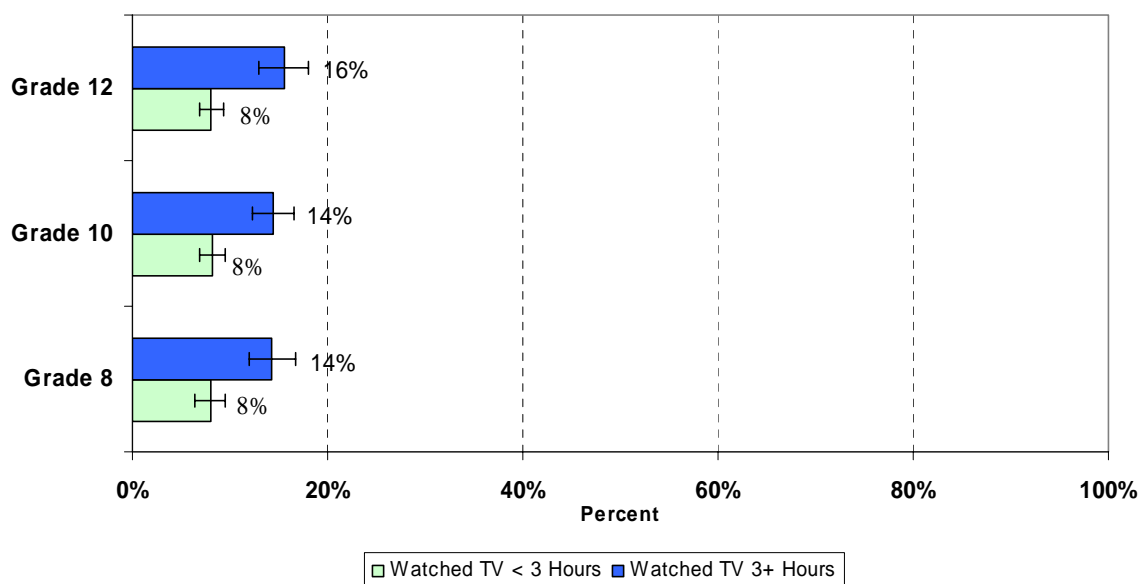
Vigorous Physical Activity²

Percent Youth Reporting Vigorous Physical Activity During Past 7 Days by Gender and Grade, WA HYS 2004



Television Watching²

Percent of Students That Were Overweight By Hours of Television Watched on School Days, HYS 2004



The percentage of children who watch three or more hours of television per day varies by grade: 32.3% in grade 8, 29.0% in grade 10, and 23.7% in grade 12. Overall, the percentage is 28.8%.

Data Sources

1. Department of Health and Human Services (US). Healthy People 2010: Understanding and Improving Health. 2nd edition. Washington, DC: US Government Printing Office; November 2000.
2. Washington State Healthy Youth Survey 2002 and 2004. Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Department of Community, Trade, and Economic Development and RMC Research Corporation. Online website: <http://www3.doh.wa.gov/HYS/ASPX/HYSQuery.aspx>
3. Department of Health and Human Services, Center for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Youth Risk Behavior Surveillance System (YRBSS). Website: <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>. 2003

Endnotes

- a. NHOPI – Native Hawaiian or Pacific Islander
- b. AIAN – American Indian/Alaska Native